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## **Kathleen Lisson CMT, CLT**

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### **Education**

**Siena Heights University** / Bachelor of Science, Massage Therapy  
2017, Adrian, MI

**Klose Training** / Certified Lymphedema Therapist  
2016, Denver, Co

**University of California Irvine Ext.** / Spa and Wellness Management  
Certificate  
2018, Irvine, CA

**University of California, San Diego Ext.** / Exercise Science Certificate  
2016, San Diego, CA

**IPSB** / Massage Therapy Program  
2016, San Diego, CA

### **Professional Experience**

**Solace Massage and Mindfulness** / Owner

April 2016 - PRESENT, San Diego, CA

- Provide massage therapy, including manual lymphatic drainage, to clients with post-surgical swelling, lipedema, or lymphedema
- Member, Affiliate Network of Center for Advanced Lymphedema Treatment and Surgery at Keck Medical Center of USC (LE&RN Comprehensive Center of Excellence)
- Society for Oncology Massage Preferred Practitioner
- NCBTMB Approved Continuing Education Provider #1000280

**IPSB** / Primary Instructor

July 2016 - December 2016, San Diego, CA

- Taught upper level (HHP) Communications class on Mindfulness.
- Assistant teacher / lecturer in Massage for Special Populations class.

### **Certifications**

ACE Certified Health Coach #W56361

ACE Certified Personal Trainer #T195602

CAMTC Certified Massage Therapist #70128

Klose Certified Lymphedema Therapist

McLean Meditation Institute Certified Meditation and Mindfulness Teacher

Stanford Medicine Certified Empowered Relief Provider

Medi Certified Master Fitter

NCBTMB Board Certification Therapeutic Massage & Bodywork #44847385

Sigvaris Certified Lymphedema Compression Fitter

### **Publications**

Co-author, Standard of Care for Lipedema in the United States

May 2021, Phlebology doi: 10.1177/02683555211015887

### **Conferences**

Faculty, American Vein and Lymphatic Society Congress 2020, 2021, 2022

Faculty, Fat Disorders Resource Society Conference 2018, 2019, 2022

Faculty, National Lymphedema Network Conference 2020

Keynote Speaker, MLD UK Conference 2019

## Continuing Education

GT Shorts: Basic Concepts of Therapeutic Exercise, 1 hr. Graston Technique, Feb. 2023

AVLS Presents: Benefits of Integrating APPs and Therapists in Lymphatic Evaluation & Treatment, 1 hr. AVLS, January 2023

Pelvic Cancer Diagnosis, Treatment and Related Lymphedema, 1 hr. Tactile Medical, January 2023

Managing Lymphedema Through Lymphatic Yoga, 1 hr. LE&RN, January 2023

Obesity-Related Lymphedema, Tactile Medical, 1 hr. December 2022

The Art and Science of Surgery & Therapy, 14 hrs. NLN, November 2022

Recognizing Primary Lymphedema and Differential Diagnosis, Tactile Medical, 1 hr. October 2022

Lymphatic Therapies: Reviewing and Renewing – Part 2, Society for Oncology Massage,, 1.5 hrs. October 2022

Lymphedema Seminars, 12hrs. October 2022

ABMP CE Summit, 2 hrs. ABMP, October 2022

AMTA 2022 Virtual Schools Summit, 3 hrs. AMTA, October 2022

American Venous and Lymphatic Society Congress 14.5 hrs. AVLS, Oct. 2022

Applications for the Post-Surgical Patient 1 hr. Graston Technique, Oct. 2022

Virtual Lymphatic Summit 2022 - The Clinician/Patient Interface in State-of-the-Art Diagnosis and Management. 4 hrs. LE&RN Sept. 2022

Decongestive Exercises for Lymphedema, 1 hr. LymphaPress, Sept. 2022

A Field Guide to Fascia, 1.5 hrs. Academy of Integrative Medicine, Sep. 2022

Elastic Taping for Lymphedema, 1 hr. Compression Guru, August, 2022

Disease Differentiation for Fitters: Navigating Compression Solutions, 1 hr. Medi August, 2022

WoundCon Summer 2022, 3 hr, WoundSource, July 2022

Telling the Story of Racism in American Health Care, 1 hr. USC Annenberg Center for Health Journalism, June 2022

3rd Annual USC Multidisciplinary Approach to Lymphedema and Related Disorders Symposium, 8 hrs. Office of Continuing Medical Education, Keck School of Medicine of USC, June 2022

Phlebolympedema – The Most Common Among U.S., 1 hr. Medi, June 2022

Lipedema: Evidence-Based Truths, 1 hr. LymphaPress, June 2022

LGBTQIA 101: How to Support Service Recipients, 2 hrs., The Health Federation of Philadelphia, June 2022

Understanding Lipedema Diagnosis and Treatment, 1 hr. Tactile, June 2022

Lipedema Landmines: How MCAS, hEDS, and POTS Show Up and Affect Lipedema Treatment, 1 hr. LymphaPress, June 2022

Solutions for Breast Cancer Survivors, 1 hr. Medi USA, June 2022

Dimensions of Gender, 1.5 hrs. Caltrin, May 2022

All Edema is Lymphedema/VAIL 1 hr. AVLS April 2022

Fat Disorders Resource Society Conference, 16 hrs. April 2022

Population Considerations in Wound Care 1 hr. WoundSource April 2022

PAD - Assess then Compress. 1 hr., Medi, April 2022

Power Lymphatics Conference. 16 hrs. March 2022

Integrating Research in Decongestive Lymphatic Therapy, 1 hr., Lympha Press, Jan. 2022

The Promise of Drug Therapy to Reverse and Prevent Lymphedema, 1 hr. LE&RN Jan. 2022

Pathomechanisms of Lipo-lymphedema 1 hr. LE&RN, Dec. 2021

Understanding the glycocalyx: a paradigm shift in future treatment options for chronic edema 1 hr. AVLS, December 2021

Virtual Lymphatic Summit 2021, 6 hrs. LE&RN, November 2021

WoundCon Fall 2021, 1 hr, WoundSource, November 2021

Disease Differentiation for Fitters: Navigating Compression Solutions, 1 hr. Medi, November 2021

American Venous and Lymphatic Society Congress 20 hrs. AVLS, Oct. 2021

The Role of Nutrition to Optimize Surgical Healing, 1 hr. Abbott, Oct. 2021

Secondary Trauma Training 2 hrs. Warren Coalition, September 2021  
Becoming ACEs Aware in California 2 hrs., Postgraduate Institute for Medicine, August 2021  
Introduction to Negative Pressure Therapy 2.5 hrs. Structure & Function Education, August 2021  
Massive Localized Lymphedema, 1 hr., LympaPress, August 2021  
Science of Behavior Change & Habits, 1 hr, ObVus, July 2021  
WoundCon Summer 2021, 2 hrs, WoundSource, July 2021  
Compare and Contrast the US and European Lipedema Consensus Documents, 1 hr, AVLS, July 2021  
Double Despair: Compassionate and Competent Treatment for Co-occurring Eating Disorders and the Unresolved Trauma of Abuse, 1.5hr, IAEDP, June 2021  
Mind, Body, and the Matrix, 1 hr, LympaPress, June 2021  
Primary Lymphedema and Differential Diagnosis, 1 hr., AVLS, May 2021  
Anatomy of the Lymphatic System and Its Changes in Lymphedema, 1 hr. NLN, May 2021  
Managing Fibrosis When Treating Lymphedema, 1 hr., Compression Guru, May 2021  
Assessment and Collaboration: Massage Therapy as an Essential Service, 3 hr. AMTA-CA Conference, April 2021  
Motivational Interviewing in Brief Consultations, 1 hr. BMJ, April 2021  
WoundCon Spring 2021, 3 hrs, WoundSource, March 2021  
Power Lymphatics Conference, 9.5 hrs. March 2021  
Beyond Edema: Lymphatic Dysfunction Caused by Cancer Treatment, 1 hr., Tactile, March 2021  
Aromatherapy & Integrative Therapies for Lymphedema and Lipedema, 1 hr. Juzo, February 2021  
Health Behavior Change: From Evidence to Action, 16 hrs, Yale, January 2021  
The Role of Exercise in Lymphedema Management, 2 hrs. Klose Training, November 2020  
Compression Therapy--How to Tell the Good from the Bad!, 1.5 hrs. Juzo Academy, November 2020  
WoundCon Fall 2020, 4.5 hrs, WoundSource, November 2020  
Expanding your Practice to Include Head and Neck Lymphedema, a Therapist Perspective, 1 hr. Tactile, Nov. 2020  
Lymphatic Function and Malfunction and Associated Comorbidities, 1 hr., LE&RN, Nov. 2020  
A Magical Experience of Lymphology, 24 hrs. NLN, October 2020  
Breast Cancer-Related Lymphedema, 2 hrs., Tactile, October 2020  
Make it stop! Managing edema and exudate, 1 hr. Medi, October 2020  
Breast Cancer Rehab, 1 hr. Compression Guru, October 2020  
Health & Wellness: The Role of Integrative, IMTRC, 1 hr. September 2020  
Research on and Treatment of Diabetes, AMTA, 2 hrs. September 2020  
Breast Cancer and Massage Therapy, IMTRC, 1 hr. September 2020  
Whole-Food, Plant-Based Fuel for Fitness, IDEA World, 1.5 hrs. August 2020  
After the Injury: Functional Training Periodization, IDEA World, 1.5 hrs. August 2020  
BLAME: Client Excuses for Not Exercising and Solutions to Retrain Their Behaviors, IDEA World, 1.5 hrs. August 2020  
The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client, IDEA World, 1.5 hrs. August 2020  
Integrative Mgmt for the Lymphedema & Lipedema Patient, Compression Guru 1 hr. July 2020  
Common post-operative complications, and how to avoid them, WoundCon 1 hr. July 2020  
The ACE IFT® Model: Program Design for Every Client, ACE 1 hr. July 2020  
Integrative Management for the Lymphedema and Lipedema Patient, Compression Guru 1 hr. July 2020

New Insights on Pathophysiology and Treatment of Lipedema, Lympha Press 1 hr. June 2020  
Managing Chronic Edema, Tactile 2 hrs. June 2020  
Controversies of Lymphedema Surgery, CompressionGuru, 2 hrs. May 2020  
Fascia is Fascinating, Graston Technique, May 2020  
Infection Control, Milady 2 hrs. May 2020  
Barbicide Certification, 1 hour April 2020  
Advanced Compression Therapy Considerations, Juzo Academy, 1.5 hrs. April 2020  
Power Lymphatics Symposium, 13 hrs, March 2020  
Advanced Skills for Teaching Adult Learners, AMTA Schools Summit, 1 hr. February 2020  
Massage Therapy Education: Setting Students Up for Success, AMTA Schools Summit, 1.5 hrs. February 2020  
UCSD Integrative Research Day, February 2020  
Blog Her Health 2020, January 2020  
Komen San Diego Metastatic Breast Care Conference, January 2020  
The Science of Compression Therapy course, Haddenham Healthcare, 1 hr. November 2019  
American Vein and Lymphatic Society Annual Congress, 21 hrs. November 2019  
Lymphedema Seminars 15 hrs. November 2019  
NLN Conference, 16.25 hrs. October 2019  
Orthopedic Edema - CDT to the Rescue, NLN, 1 hr. October 2019  
Advanced Scar Tissue Technique Lab: Enhance Lymph Drainage, NLN, 3 hrs. October 2019  
Lymphedema of the Lower Extremity, Medi, 8 hrs. September 2019  
Continuing Competence in Lymphedema Management, 20 hrs. September 2019  
Fitness Nutrition Specialist, ACE, 25 hrs. September 2019  
Instructional Methods in Health Professions Education, University of Michigan, 21 hrs. July 2019  
2nd Annual USC Multidisciplinary Approach to Lymphedema and Related Disorders Symposium, Office of Continuing Medical Education, Keck School of Medicine of USC 10 hrs. June 2019  
MLD UK Conference 10 hrs. May 2019  
Orthopedic Edema & Lymphostatic Fibrosis, Klose Conference 3.5 hrs. May 2019  
Klose Lymphedema Conference 15 hrs. May 2019  
Graston Technique M2 Training 15 hrs. April 2019  
American College of Phlebology Annual Congress, 23 hrs. November 2018  
Lymphedema Seminars 15 hrs. November 2018  
Basic Compression Fitter, Sigvaris, 7.5 hrs. September 2018  
Graston Technique M1 Basic Training, 13 hrs. September 2018 Lymphedema Advanced and Review, Foldi Clinic, 32.5 hrs. June 2018  
Certified Lymphedema Compression Course, Sigvaris, 7.5 hrs. May 2018  
Obesity & Obesity-Related Lymphedema & Lipedema, Klose Training 2.5 hrs. April 2018  
Cancer Exercise Specialist, Cancer Exercise Training Institute, 17 hrs. December 2017  
Lymphedema Seminars 15 hrs. November 2017  
Orthopedic Swelling Solutions, Klose Training 16 hrs. August 2017  
Klose Lymphedema Conference 15 hrs. May 2017  
Evaluation and Management of Head and Neck Lymphedema, Norton School, 20 hrs. March 2017  
Head & Neck Lymphedema Mgmt., Klose Training, 6.75 hrs. December 2016  
Breast Cancer Rehabilitation, Klose Training 16 hrs. November 2016  
Lymphedema Seminars 15 hrs. November 2016  
Manual Lymphatic Drainage, Klose Training 45 hrs. August 2016

Fundamentals of Teaching Yoga and Meditation in Military Communities,  
Warriors at Ease 13 hrs. August 2016  
Mindful Educator Essentials, Mindful Schools, 16 hrs. July 2016  
Oncology Massage Healing Summit, 18 hrs. April 2016  
Mindful Performance Enhancement, Awareness and Knowledge (mPEAK) 8  
Week course & 3 day Intensive, UCSD Center for Mindfulness, 30 hrs. March  
2015  
Tibetan Buddhist Meditation & the Modern World: Lesser Vehicle, University  
of Virginia on Coursera, 40 hrs. October 2015  
Mindful Awareness Practices I, UCLA Semel Mindful Awareness Research  
Center 16 hrs. October 2015  
McLean Meditation Institute Teacher Training 300 hrs. April 2016  
Foundational Course Massage Therapy for People Living with Cancer, 30 hrs.  
April 2016  
Labyrinth Facilitator Training at Grace Cathedral with Lauren Artress 15 hrs.  
February 2016  
CKTT (Certified Kinesio Taping Technician) Level 1 Workshop, 2 hrs.  
September 2014